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WOW, THAT NUN JUMPS RIGHT OFF THE PAGE

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Put your wallet on a diet and make your own lunch

Scan the image for financial tips from Gail Vaz-Oxlade

PAGE 16

Don't let scandal cut off lifelines in DTES: Advocates

Staff defend merits of Portland Hotel Society enterprises

PAGE 4

Train2Main brings big changes

SkyTrain. Construction means some commuters will be facing delays

Commuters used to a smooth ride to and from Main Street-Science World SkyTrain station are in for an arduous six months.

The Train2Main went into service Sunday, bringing with it a major service change for riders as construction on the renovated Main Street station enters its most disruptive phase.

Anyone hoping to get off at the station now has to take a special two-car SkyTrain from either Commercial-Broadway or any downtown station that runs every 10 to 12 minutes.

All normal SkyTrains, on both the Expo and Millennium lines will pass the station without stopping.

That means anyone travelling west along the rapid transit line is forced to transfer to the new train at Commercial-Broadway or miss out on their destination.

Likewise, passengers taking trains east from Main Street will have to wait for an outgoing Train2Main and transfer at Commercial-Broadway to get on a regular SkyTrain.

The Train2Main will stop at every downtown station both ways, making it slightly easier for passengers heading the other direction.

Because of the service changes, TransLink is recommending passengers plan for an extra 10-minute travel time, and perhaps longer as commuters figure out the new system.

Main Street-Science World is the oldest SkyTrain station and is being upgraded with federal funding.

The upgrades are scheduled to be complete by early 2015.

MATT KIELTYKA/METRO

Ongoing construction means commuters destined for the Main Street-Science World station will now have to disembark at Commercial Drive or Waterfront and catch a two-car SkyTrain. All other trains will pass through the station without stopping. JENNIFER GAUTHIER/METRO FILE

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Policy vote

COPE promises free transit, $12 minimum wage

It promises rent control, a luxury housing tax, a local minimum wage and free transit by 2030.

With these policies and many more, Vancouver's once-dominant civic political party COPE hopes to win votes back from Vision Vancouver in November's municipal election.

About 100 COPE members voted on 187 proposed policies for its election platform at a conference over the weekend, COPE's executive director Sean Antrim said Sunday.

If elected, the party aims to phase out transit fares by 2030 to increase ridership. It claims it would do so by working with the province and other Metro Vancouver municipalities to cap executive salaries, waiving fuel taxes for TransLink and dedicating the carbon tax to transit.

Members also voted in favour of rent control. It would give the city power to control rent increases instead of allowing annual across-the-board jumps, along with applying rent control to all new rezoning developments.

It would also increase the minimum wage to $12 per hour from $10.25, Antrim said.

For those that aren't pinching pennies, COPE would draw more from their purses. Owners would be taxed $1,000 per year for each million in assessed value of their homes over $1.5 million.

Policies that didn't pass included banning the rezoning of privately owned land. EMILY JACKSON/METRO

Two lion statues on the Stanley Park Causeway were found vandalized on Saturday morning. KAYLA ISOMURA/FOR METRO

Park vandals have no civic pride: Visitors

Stanley Park. Lion statues found with damaged faces and paws on Saturday

KAYLA ISOMURA
vancouver@metronews.ca

Park visitors are disappointed after a pair of lion statues in Vancouver's Stanley Park were vandalized.

The statues, miniature versions of the large lions that guard the approach to the Lion's Gate Bridge, sit on the overpass to Prospect Point, above the Stanley Park Causeway.

They were discovered with damaged faces and paws on Saturday morning and were likely damaged Friday night.

"It shows a lack of respect for the city Vancouverites love," said Chris Boro, who was visiting the park Sunday.

Darren Ham, another visitor, agreed.

See anything?

Anyone with information about the incident is asked to call the Vancouver Police Department at 604-717-3321 or Crime Stoppers at 1-888-222-8477.

"It's senseless vandalism," he said.

"They're public icons, and to wreck anything is embarrassing for the city."

The vandalism attracted the attention of many passersby and continues to surprise tourists.

Trevor Lang, visiting from Powell River, called the incident "a hundred per cent blatant disrespect."

"It's just wrong," he said. "It was some drunk hooligans, probably."

Vancouver police Sgt. Randy Fincham said investigators will be working with the park board "to ensure those responsible are held accountable for taking the roar out of these two lions."

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MTi COMMUNITY COLLEGE

Under-fire PHS staff defend power of social enterprise

Downtown Eastside. Initiatives like East Van Roasters chocolatiers still important to community

MATT KIELTYKA
matt.kieltyka@metronews.ca

All the cards are on the table, and there's a new board at the helm of the troubled Portland Hotel Society.

And while PHS employees and clients are anxious about the future, staff at the embattled non-profit — whose directors resigned earlier this month under government pressure over questionable spending — are making their case for innovative social enterprises to survive.

Rich Coleman, the minister for housing, has told media the plethora of PHS' social enterprises will be judged on their financial and social merits, and BC Housing confirmed that while services are being safeguarded during the transition, all contracts will be reviewed by the new interim board to ensure appropriate management and fiscal oversight.

The Vancouver Coastal Health audit of PHS lists eight separately incorporated entities (that provide pest control, laundry, cleaning, security and maintenance services, along with enterprises such as the Radio Station Café and Our Community thrift shop) within PHS that have "questionable benefits."

Five of the eight corporations generated losses in 2013, the audit said.

But PHS also operates a number of other social enterprises like East Van Roasters chocolatiers, Hives for Humanity beekeeping and honey and The Window artist consignment shop that staff insist are viable and provide essential employment for struggling Downtown Eastside (DTES) residents.

"The people that work (here aren't) going to walk into a normal employment environment and necessarily get hired," said Roasters manager Shelley Bolton. "We have eight women that live upstairs in the Rainer Hotel that work here four hours a week to 24 hours a week, depending on their capacity and other things going on in their lives. There are people in the community who are desperate for meaningful employment."

Former Rainer Hotel resident Violet Rose Pharaoh heard about the roasters opening and just knocked on the door wanting to be a part of the enterprise.

"We have these huge gaps in our resumés, so when you go into an interview you can't be forthright (that) you were dealing with addiction. Here, if you want to work, you just come to work," said Pharaoh, now a full-time peer support co-ordinator.

Bolton said the shop runs on a loan from Vancity and on other grants and tries not to be a burden on the housing society.

"When you do a business plan and present it to a financial institution, they're going to look at it very closely and assess the viability," she said. "And we're actually ahead of target."

Not all of the enterprises are lean financial machines, but managers insist there's room for fine tuning.

The Window consignment shop, which employs up to 300 women, gives 80 per cent of revenues to the artists for their work.

However, high rent and operating costs means a new 65/35 split between the artists and PHS may be necessary.

Former city councillor and Coalition of Progressive Electors (COPE) spokesperson Tim Louis has thrown his support behind the enterprises.

"The province is using the poor governance of PHS management as a pretext to cut the lifelines that many in the DTES are using to pull themselves up," he wrote Metro.

"Let's not condemn those working their way towards a better life because we are angry at the actions of PHS management."

Controversy

Over the past couple of weeks, the board of the PHS stepped down as a pair of government audits found inappropriate administrative expenses, including a paid trip to Disneyland for one director and his family (which included NDP MLA Jenny Kwan).

Shelley Bolton and Sarah Common say they've seen lives transformed through the Portland Hotel Society's social enterprises, such as East Van Roasters. MATT KIELTYKA/METRO

Insite

Drug injection clinic receives exemption

Vancouver's supervised injection site received another yearlong exemption from the Controlled Drugs and Substances Act by Health Canada on Friday, allowing the facility to continue to operate in the Downtown Eastside.

Anna Marie D'Angelo, spokesperson for Vancouver Coastal Health, was happy to hear of the announcement.

"It's an annual exemption and we do get it every year, but we're very pleased to see it come again," D'Angelo said.

Insite opened in September 2003 to provide a "safe, health-focused place where people can inject drugs and connect to health-care services — from primary care to treat disease and infection to addiction counselling and treatment to housing and community supports," according to VCH.

It is also North America's first legal supervised injection site, operating as a harm-reduction service that aims to decrease adverse health, social and economic consequences of drug use without requiring the abstinence of drugs.

SAM SMITH/FOR METRO

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Your newspaper now sings

Augmented Reality. Wish you could watch Italy's singing nun belt out Alicia Keys right on the page? Now you can

FERNANDO CARNEIRO
National Deputy Editor
fernando.carneiro@metronews.ca

If, like me, you were amazed by the newspaper in Harry Potter where the images come to life, you're going to love today's edition of Metro.

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All you need is the Metro News app. If you don't have one, get yours free at the App Store. If you already have the Metro app, upgrade it today. Then look for the AR symbol throughout your paper.

2 Scan the Pic

At right is an image of Italy's latest singing sensation. Open your Metro News app and click on the Metro AR icon at the top right of the screen to go into scan mode. Scan the photo with your phone.

3 Watch the Video

Sister Cristina Sciuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.

YOUTUBE

Not going to the dark side? B.C.'s lights mostly stay on for Earth Hour

B.C.'s electricity load reduced by one per cent during Earth Hour this year, according to BC Hydro.

Earth Hour, which took place Saturday night, is an annual worldwide event hosted by the WWF (World Wildlife Fund) that encourages participants to turn off lights and electronics.

The province's overall reduction in electricity this year is equivalent to turning off about 1.4 million lights, according to BC Hydro. Last year B.C. reduced its electricity use 1.95 per cent.

"It's a symbolic event but a good opportunity to promote the message," said BC Hydro spokeswoman Simi Heer.

Whistler topped B.C.'s electricity-savings list at six per cent, with Abbotsford on the bottom at 0.1 per cent.

"Turning off the lights is part of an overall lifestyle change," said Heer, which includes unplugging electronics and washing clothes in cold water.

Vancouver saw its usage drop by 2.1 per cent. However, for a city vying to become the world's greenest, Vancouver took heat from a city hall watchdog for "shining bright" during Earth Hour.

"Not a #MomentofDarkness," tweeted CityHallWatchVAN with a photo of the city's engineering office lit up on West Broadway Street shortly before 9:30 p.m.

KAYLA ISOMURA/FOR METRO

For more local news visit metronews.ca

Earth Hour 2014

B.C.'s overall savings:

- **2014:** 1 per cent
- **2013:** 1.95 per cent
- **2012:** 1.67 per cent
- **2011:** 1.8 per cent
- **2010:** 1.04 per cent
- **2009:** 1.1 per cent
- **2008:** 2 per cent

SOURCE: BC HYDRO

Top five B.C. cities:

1. **Whistler:** 6 per cent
2. **Esquimalt:** 5.8 per cent
3. **Lytton:** 4.6 per cent
4. **Lumby:** 4 per cent
5. **Victoria:** 3.7 per cent

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BCIT COMPUTING PART-TIME STUDIES

See that symbol? It means you can scan this image with your Metro mobile app to see a photo gallery of the operation in the Mare slum complex.

Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting.
Diplomatic talks proceed while Russia deploys troops along border

U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Russian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

More bodies pulled from Washington mudslide debris

Authorities say the number of people who have been confirmed dead from a U.S. mudslide has increased to 21 from 18.

Jason Biermann of Snohomish County Emergency Management said Sunday that 15 victims have been identified by the county medical examiner. Six have yet to be identified.

Biermann says another four bodies were found in the debris field on Sunday.

About 30 people remain missing after the massive mudslide in a mountainside community in Washington state on March 22.

Late Saturday, authorities said the number of people believed missing decreased substantially, from 90 to 30.

Rescue crews said Sunday that many of the dogs that have been essential in the search for victims will take a two-day break. Days of sniffing through cold, soupy mud and nearly nonstop rain have taken their toll on the animals, and officials say dogs can lose their sensing ability if they work too long.

Dogs from the Federal Emergency Management Agency, more recent arrivals on the scene, will continue working, said Heidi Amrine, another spokeswoman for the operation.

Engineers were watching for any material sloughing off the landslide area, making sure that a weekend of torrential rainfall doesn't displace more land.

Meanwhile, many residents attended church services for solace ahead of another week of recovery efforts.

THE ASSOCIATED PRESS

Searchers pause for a moment of silence at the scene of a deadly mudslide in Oso, Wash. ELAINE THOMPSON/THE ASSOCIATED PRESS

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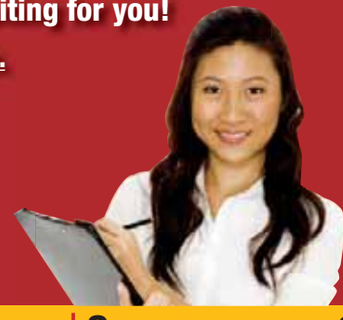

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Top Tory resigns amid nomination controversy

Dimitri Soudas. Friend of PM Stephen Harper quits over fiancée's bid in Ontario riding

Dimitri Soudas THE CANADIAN PRESS

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 election preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding.

THE CANADIAN PRESS

Medical marijuana. Many patients say they'll have to break the law or go without

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home-growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often-debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system.

THE CANADIAN PRESS

Prices to get high?

- **Price per gram, purchased from Health Canada under the old rules:** $5
- **Price per gram, under the new rules:** Expected to initially average about $8.
- **Projected total additional cost to all approved patients as a result of the new system:** $166 million a year for 10 years

Quebec

PQ leader pushes values charter at 'secular brunch'

The Parti Québécois is trying to turn attention to its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday. Janette Bertrand, a well-known feminist, said religious accommodation threatens to erode equality between men and women.

THE CANADIAN PRESS

Newfoundland

Frozen embrace to mark anniversary of sealing disaster

In 1914, Reuben Crewe and his son set out on the SS Newfoundland, and were later found frozen, the boy's head tucked against his father as they died in a storm. Their embrace will be depicted in a sculpture as part of ceremonies Monday marking 100 years since the disaster.

THE CANADIAN PRESS

P.E.I.

Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another after the deaths of three young people in Charlottetown after a fire Saturday morning. Rev. Gerard Chaisson said he told parishioners Sunday to come together during such tragedy.

THE CANADIAN PRESS

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the commitment "over the next few days."

THE CANADIAN PRESS

Going to Main Street–Science World Station?

Station Upgrades

Look for the two-car Train2Main that gets you to the station while it gets an upgrade.

Starting March 30, 2014 all regular four-car trains on the Expo and Millennium Lines will operate normally, but will not stop at **Main Street–Science World Station.**

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ETF market explodes

HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e., you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago, there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there is now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have $50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new contributions, you will have $74,455 after paying $21,000 in fees. The opportunity cost, or the money you lose by not having the fees working for you, is $8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is $102,398 and only $1,124 has gone to fees. The opportunity cost is just $424.

ETF fees are already low, but iShares' move means more money in the pockets of index investors.

Growing high expectations

Marijuana plant strains are held in jars as a MediJean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

From the outside, there's little to distinguish MediJean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the facility has a sterile laboratory feel, which is precisely the point.

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URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Hello, my name is Paul.

I am a taxpayer.

This means about half of what I make goes to various levels of government. It may be more, but they come at you from so many directions, it's tough to add them all up.

There's only one taxpayer, but there are many essential services, all of which I'm proud and pleased to fund.

Essential services such as sending government officials and their families to Africa on safari or to the legendary capitals of Europe, making sure they stay at the nicest hotels and eat at the best restaurants.

Whether or not this is really an essential service is beside the point. According to Speaker of the Legislature Linda Reid, it's common practice.

And come on, you can see the value of her husband making friends with a giraffe at my expense. It's critical to cross-species relations. Considering the rate of extinction in the animal kingdom, the animals need all the friends they can get.

There are lots of other essential services we taxpayers provide, but none more cost efficient than keeping our government officials and their families fat and sassy. You get what you pay for. Who wants grumpy government officials? Aren't they bad enough now?

When you think about it, this kind of goodwill insurance is a real bargain compared to other essential government services, such as the purchase of a fleet of CF-35 fighter jets at nearly 100 million bucks a plane. Expensive, sure, but they'll be great once they fix it so the planes will be able to fly at night.

Just imagine all the junkets 100 million bucks would buy. We could send Jenny Kwan to Disneyland every day of her life instead of merely on a seasonal basis!

Of course, there are many essential government services that are working for us behind the scenes. Such as: Who pays for the officials who black out all the information requested under The Freedom of Information Act? There must be many of those folks toiling in anonymity, as there are so many black lines through the documents. I suspect it takes days to obliterate a single memo out of the premier's office alone.

Unfortunately, in order to pay for essential services such as trips to the grownup petting zoo, we often have to cut back on marginal essential services such as ferry trips to remote places like Vancouver Island. And while we're at it, we might as well eliminate the seniors' discount, as they won't need them much longer anyway.

So the next time the government sticks its hand in your pocket (next withdrawal in five minutes), just grin and bear it. You've just made it possible for a minor government official or his or her spouse to do something you'll never get to do in your wildest dreams.

Suckah.

MetroTube

On two legs, life's a beach

ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.

The YouTube video of Duncan Lou Who has over one million views. YOUTUBE SCREENGRAB

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ZOOM

Riot-inspired art decorates Greece

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

metro

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See that symbol? It means you can scan this image with your Metro News app to see more photos from this weekend's Juno awards gala and red carpet.

Hat trick for Tegan and Sara, doubles for Ryder, Arcade Fire

Juno Awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's pop makeover Heartthrob set the 43rd Juno Awards swooning, Arcade Fire made its presence felt from almost 10,000 kilometres away while decorated co-host Serena Ryder worked overtime to keep things smooth in the Prairies on Sunday night.

With wins for group, pop album and single of the year — the skydive-thrilling Closer, performed to perfection during the show with help from Toronto's Choir! Choir! Choir! — Calgary-reared twins Tegan and Sara managed a field-leading three wins, after having been shut out in five career nominations prior to this year.

"When we asked our parents if we could play music instead of go to university, they were really mad at us," said Tegan, 33. "And they agreed to let us do that for a couple years, and somewhere in all of that, we signed a record deal with Neil Young and Elliot Roberts."

Still, the greatest honour of the night was reserved for Arcade Fire, whose difficult double-disc venture Reflektor mirrored their achievement of three years ago by claiming album of the year.

The Montreal rockers, who also took alternative album of the year, were off in Santiago, Chile at a Lollapalooza gig but managed to submit one of the evening's more interesting visual performances, a macabre pre-taped take on Afterlife delivered in lush monochrome..

Ryder was named both artist and songwriter of the year — giving the 31-year-old an impressive six-Juno career haul.

"Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much." THE CANADIAN PRESS

Serena Ryder accepts her award for songwriter of the year. Not only did she pick up an earlier Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

And the winner is ...

A partial list of winners at the 43rd Juno Awards::

- **Juno Fan Choice award.** Justin Bieber
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Breakthrough group of the year.** A Tribe Called Red
- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like
- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

Tegan and Sarah celebrate their Juno Award for pop album of the year. JOHN WOODS/THE CANADIAN PRESS

For a full list of winners and more coverage, visit metronews.ca.

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Looking for Canada's best calzone or a killer lasagna? John Catucci, who has spent years snacking his way across the country as host of You Gotta Eat Here!, dishes on a few of his can't-miss spots. The show's third season premieres April 4 on Food Network Canada.

4 restaurants across Canada you gotta try

Casa Calzone, Quebec City

This place has been open for years. It's a compact little spot that's so cosy you're sitting on each other's laps. The calzones are incredible and yet so simple: just dough, cheese and sauce. Order la flambé au cognac calzone, which loosely translates to calzone of flames. When the cognac mixes with the beautiful vinegar dressing, something magical happens. And it's packed with so much deliciousness they can barely fold it over.

Una, Calgary

I go in here every time I'm in Calgary — I don't even drop off my bags at the hotel, I head straight here for my Una pizza fix. It's just that good. Start with meatballs, then order the mushroom pizza. It's a white pizza, so there's no tomato sauce, just oven-roasted mushrooms, smoked mozzarella and fresh arugula. The crust is this lovely thin crust that's just perfectly crispy and chewy.

Prairie Harvest Café, Saskatoon

If you didn't know it was there, you'd never know it was there. Tucked in a residential area, behind a set of garage doors, Chef Michael McKeown does everything local, everything from scratch, and he's killing it. He's famous for his prairie harvest lasagna, which is braised short rib, pork belly and ground beef layered between homemade noodles and cheese. It's insane. Did I mention the maple-bacon doughnut? This is the doughnut other doughnuts want to be when they grow up.

Calabash Bistro, Vancouver

What a bunch of great guys. I love this place — good vibes, good food, and good people. Come here for their special roti stack. Chef Cullin makes his roti from scratch, and it's nuts. So buttery, so flaky, and he layers it with sweet plantain, goat cheese, and then he pours something called coconut rundown — which is reduced coconut milk —all over that stack. Is there anything more summery than coconut? You're basically eating sunshine.

Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"

Twitter

@JimCarrey
This is a fun dream. Too bad we have sleep through most of it.

@mindykaling
follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world

STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Elton John and David Furnish

New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't. "No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

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BEST NEW PRODUCT AWARD WINNERS CHOSEN

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy, president and CEO of BrandSpark International

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée

Canadian Living 2014 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

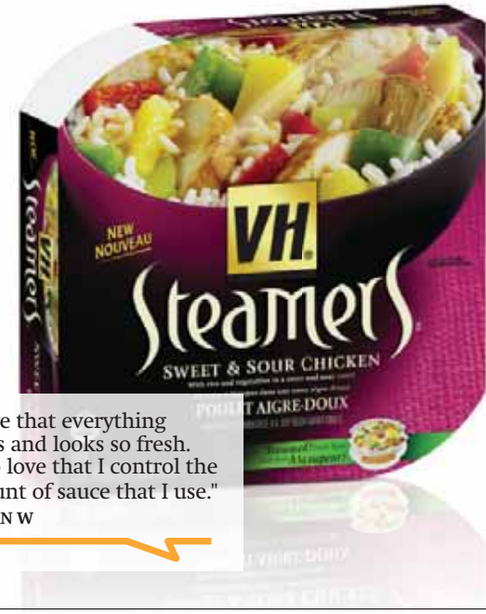
The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."
- SUSAN W

See that symbol? It means you can scan this photo with your Metro app to watch a video of Gail Vaz-Oxlade giving more financial advice.

LIFE 3

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Pack your own lunch for a healthier bank balance. ISTOCK

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of Til Debt Do Us Part, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between $8 and $12 a day on food at work. Hello! $12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)

Lunch out packs a punch

$3,000

Spending $12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals $3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth $3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at $2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

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Claiming tuition credits and dependant parents

Q I have $25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your $25,000 in credits will mean $3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once your get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the $4,490 caregiver amount which means about $673 in tax savings. If they are infirm, this is boosted to $6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

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They work hard for the money

Pros and cons of quick cash. Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID SINGH
Metro World News

Ready to pack up and move away from home for work? Ng says many employers use agencies that handle recruitment, which can easily be found online.
ISTOCK

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H2S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

"It was probably one of the freakiest experiences of my life," said Zayonce, 31. "Knowing that you have to go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking."

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his job duties were often dangerous and always involved "non-stop physical labour."

Ask why he subjected himself to this, and the answer is simple.

"Money," said Zayonce. "If you go there and do it properly, the paycheques are big. You can go as an unskilled labourer, walk into a job and make $120,000 a year if you're willing to work for it."

When he was on the oil rigs, Zayonce earned $90,000 in just seven months. Then, when he worked on the pipelines, he made well over $100,000 per year.

"But you have to think of the hours I put in," he noted. "(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year."

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

"Agriculture is a major one, food services and domestic help are also desperate for workers," Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in "boom towns," which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

"Most of the jobs in these industries have undesirable working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour," said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

"You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore."

Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- "Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement," he said. "Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services."

Oil sands dropouts

70%

Zayonce says the success rate of people who last in Alberta's oil sands is quite low. He recalls his company giving its employees the figures on one occasion. "The majority of people who go out there don't make it," he said. "We're talking 70 per cent drop out and go back home."

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ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

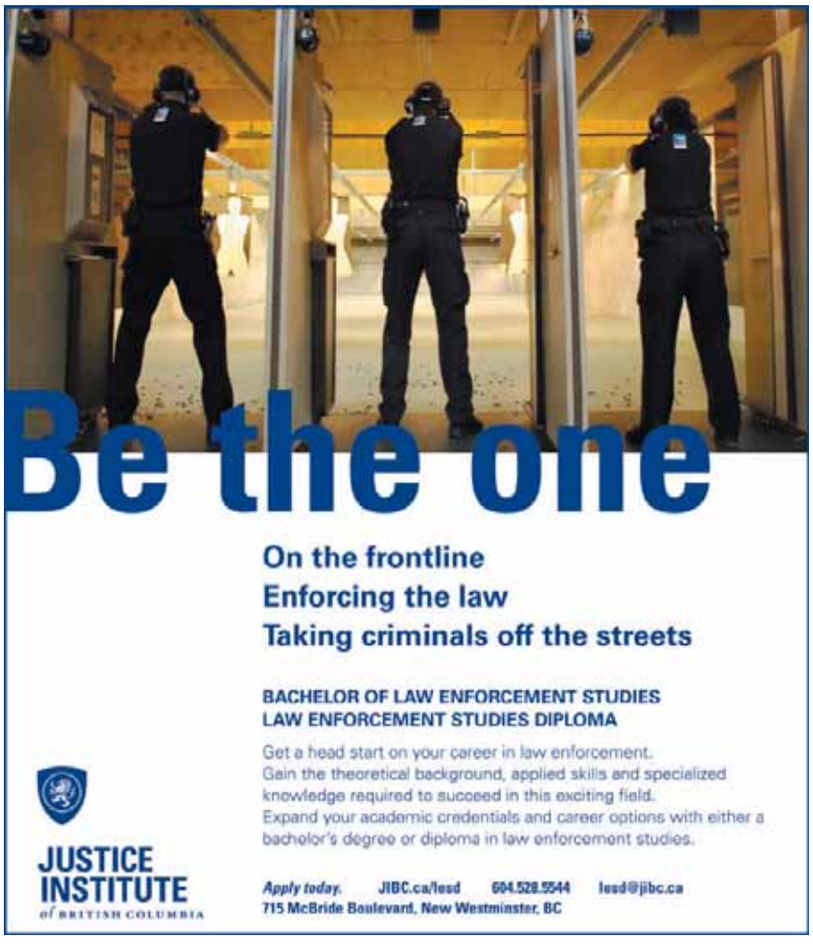
FROM LEFT TO RIGHT : MONTE ISOM / FLICKR, BEAR GRAHAM/FLICKR , KATIEW/ FLICKR

Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this breakdancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.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Forget the career centre, this one's on you

Employment initiative. Tough economic times call for an attitude of independence

DAN SCHAWBEL
Metro World News

Gone are the days that students could rely on their college career centres to prepare them for the real world — now students have to launch themselves into the work world. Students have to be accountable for their careers and seek out events, alumni and opportunities on their own. In a new study by my company and Internmatch.com, we found that almost 50 per cent of students aren't using their career centres and 64 per cent are turning to online resources instead. The average ratio of students to career service professionals is 1,889 to 1 and we found that almost a third of students in our study say that centres don't have enough staff to support students.

What's most alarming is that 61 per cent say career centres are either never or rarely effective in helping them land a job. Clearly, students have to take matters into their own hands! Here are five tips for students:

Be proactive and attend as many career-oriented college events as possible.

If your school is bringing in a guest speaker, or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about their industry, and the best is making a new connection that could lead to employment.

Get your career service centre to introduce you to alumni in your field.

The most important asset that career centres have that they don't use nearly enough is their alumni database. Instead of just going into a meeting with your career counsellor to discuss your resumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than your résumé format!

Use free or paid online platforms to educate yourself and stay ahead of the curve.

Don't rely on your career centre as the single place where you learn job skills. Instead, turn to online resources. Based on your profession and industry, you can learn vital skills that will translate into new opportunities for you.

Do internships and freelance gigs until you find right career path.

Students are almost always clueless as to which career path to pursue, even after selecting a college major. In order to figure things out, you have to have as many experiences as possible so you understand the types of roles you like and don't like. By doing this, you realize the profession you want to be in, the size of company you want to work for and the culture you thrive in.

Disconnect from technology and meet people face to face to build your soft skills.

In a past survey, we found that 40 per cent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face to face. Make sure you are disconnecting from technology every day so you can form human connections that can lead to jobs.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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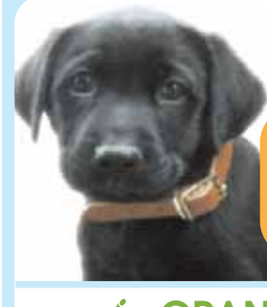
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A healthy and kid-friendly fave

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (homemade or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Make a great mini mac 'n' cheese app

Here's a great way to put some pizzazz in a mac and cheese classic. Individual mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as a savoury appetizer.

1. Preheat oven to 425°F. Lightly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in 3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining ¼ cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley

This recipe serves six (two per person). ROSE REISMAN

NHL

Crosby pushes Pens past Hawks

Sidney Crosby had two goals in the final five minutes, helping the Pittsburgh Penguins to a 4-1 victory over the injury-riddled Chicago Blackhawks on Sunday night.

Already playing without Patrick Kane, the Blackhawks lost captain Jonathan Toews to an upper-body injury in the second period. Toews was hit hard by Penguins defenceman Brooks Orpik and was holding his left arm on the bench before heading down the runway. THE ASSOCIATED PRESS

MLB

Padres pile on reliever Wilson to top Dodgers

Seth Smith hit a tying homer leading off the eighth and Chris Denorfia singled home two runs to give the San Diego Padres a 3-1 victory against the rival Los Angeles Dodgers in baseball's North American opener Sunday night.

Brian Wilson
GETTY IMAGES

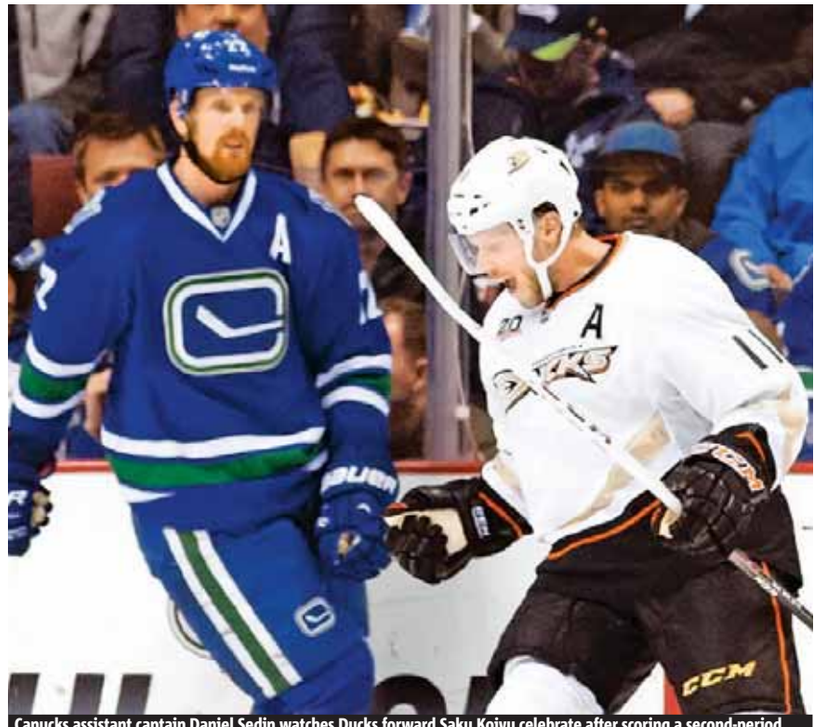
Smith's first hit with the Padres came on a 2-0 pitch from Brian Wilson, who started the eighth after Hyun-Jin Ryu threw seven scoreless innings. It sailed an estimated 360 feet into the right-field seats. It was his seventh career pinch-hit homer. He was acquired in an off-season trade with Oakland for reliever Luke Gregerson.

THE ASSOCIATED PRESS

Canucks' chances take another hit

NHL. Former Vancouver bench boss Vigneault and his Rangers are in town Tuesday

CAM TUCKER
cam.tucker@metronews.ca



Canucks assistant captain Daniel Sedin watches Ducks forward Saku Koivu celebrate after scoring a second-period goal in Anaheim's 5-1 win at Rogers Arena on Saturday night. RICH LAM/GETTY IMAGES

The collapse is almost complete.

The Vancouver Canucks saw their already incredibly slim playoff chances take yet another hit in a 5-1 loss to the visiting Anaheim Ducks on Saturday. To get into the eighth and final post-season spot in the Western Conference, the Canucks would have to leapfrog both the Dallas Stars and Phoenix Coyotes.

Right now, the gap between the Coyotes and Canucks is five points. It could've been just three, but nope.

Vancouver has six games remaining in this regular season, which has been by and large a major hockey disaster since the end of December.

Phoenix has a game in hand on Vancouver, and Dallas has two.

According to the Sports Club Stats website, the Canucks have a 0.5 per cent chance of making it into the playoffs — a 2.6 per cent drop following Saturday's dismal result in front of the home fans at Rogers Arena.

"We need to stay loose and stay positive and block out the noise and play and try to win a game," John Tortorella, in his first year as Vancouver's head coach, told reporters following the loss.

"I'm not sure if we win a game, what happens as we continue to move forward but that's all you can do in this situation, is make sure you're ready to play the games and … see what happens."

Look ahead to Tuesday night at Rogers Arena.

The New York Rangers, coached by Alain Vigneault, the very same man who the Canucks fired last May in order to change the direction of the team, are in town.

Talk about a storyline.

Entering their meeting with the Edmonton Oilers on Sunday, the Rangers had won five of their last six games. They are also sixth in the Eastern Conference, and in a strong position to make the playoffs.

Meanwhile, with hope fading in Vancouver, the increasing calls for the jobs of Tortorella and general manager Mike Gillis are likely to continue.

With a win, Vigneault and the Rangers would push the Canucks perilously closer to the brink of elimination and complete collapse.

Should make for interesting conversation over the next few days.

Whitecaps Jordan Harvey, left, Kenny Miller, centre, and Russell Teibert celebrate Harvey's 14th-minute goal during a 2-1 over the Houston Dynamo on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Solid first month gives Whitecaps confidence

One month into the 2014 Major League Soccer regular season, and the Vancouver Whitecaps are undefeated.

The Whitecaps polished off the Houston Dynamo by a score of 2-1 on Saturday, giving them two impressive wins on home turf at BC Place Stadium in March, to go along with a pair of underwhelming but scrappy draws on the road.

The Whitecaps, under first-year head coach Carl Robinson, have collected eight of a possible 12 points to begin the year.

Still, it's early days for the Whitecaps.

Remember, this club has essentially fallen apart during the final stretch of the previous two seasons, failing to qualify for the playoffs last year.

In 2012, under Martin Rennie, sacked last October, the Whitecaps also started out 2-0-2. However, the argument can be made that the talent pool and depth of the 2014 edition is greater than two years ago.

"It's confidence for the boys. Like I've said, I'll back them every single day of the week as long as they give me that effort, that determination," said Robinson, who was celebrating his daughter's birthday on Sunday.

"Very nice, it's been interesting, it really has. It's not always going to be like this, I know that." CAM TUCKER/METRO

4 SPORTS

Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

Huskies proving to be title 'predators' after upset win

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle," said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

THE ASSOCIATED PRESS

It's over for Izzo

"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."
Michigan State coach Tom Izzo

Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

MLB opening day. Ace Dickey says it's far from game over for Blue Jays in 2014

Earlier this month, R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound Monday against the Tampa Bay Rays in St. Petersburg, Fla., in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this season than he did last year, primarily because he didn't have to alter his spring-training routine for the World Baseball Classic.

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to."

TORSTAR NEWS SERVICE

We know R.A. is the Jays' opening day starter. Scan this image with your Metro News app to see the rest of Toronto's Monday roster. JONATHAN DANIEL/GETTY IMAGES

Closed down

Casey Janssen was placed on the 15-day disabled list Sunday due to a strain in his left abdominal area and lower back. Fellow right-hander Sergio Santos will take over the closer's role.
THE CANADIAN PRESS

Mercedes gets 1-2 win for the ages

Lewis Hamilton of Great Britain and Mercedes GP celebrates on the podium after the Malaysia Formula One Grand Prix on Sunday in Kuala Lumpur. Hamilton beat teammate Nico Rosberg by 17.3 seconds at the Sepang International Circuit, with defending world champion Sebastian Vettel of Red Bull third. It was the first one-two by the Mercedes factory team since 1955. PAUL GILHAM/GETTY IMAGES

Golf

Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004. THE ASSOCIATED PRESS

NHL

Bruins bully Flyers in Philadelphia

Patrice Bergeron scored the go-ahead goal in the second period and also tallied in the shootout to help the Boston Bruins to a 4-3 win over the Philadelphia Flyers on Sunday. The Bruins have won nine straight road games, a single-season club record. THE ASSOCIATED PRESS

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

♉ Taurus
April 21 - May 21
You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

♊ Gemini
May 22 - June 21
Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

♋ Cancer
June 22 - July 23
If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

♌ Leo
July 24 - Aug. 23
Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

♍ Virgo
Aug. 24 - Sept. 23
You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

♎ Libra
Sept. 24 - Oct. 23
You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

♏ Scorpio
Oct. 24 - Nov. 22
If you take a negative view of what is going on you may get stuck in one of those woe- is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

♐ Sagittarius
Nov. 23 - Dec. 21
There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

♑ Capricorn
Dec. 22 - Jan. 20
Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

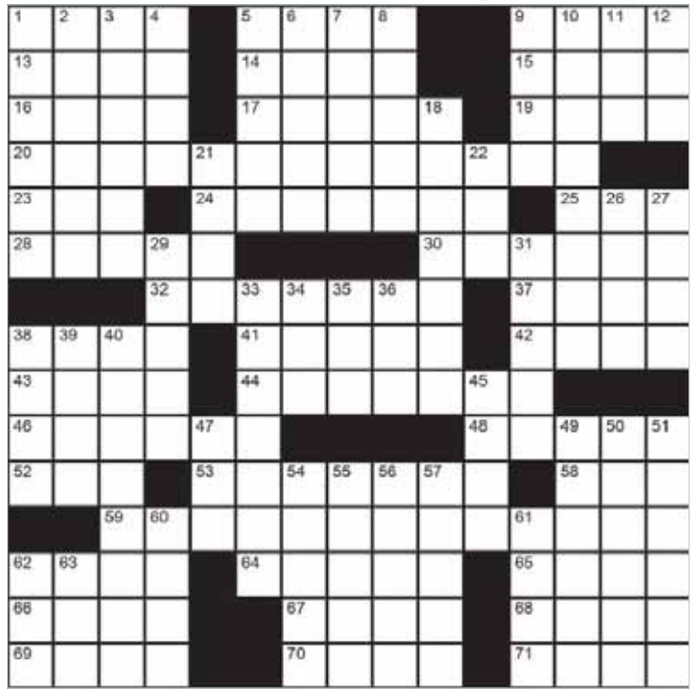
♓ Pisces
Feb. 20 - March 20
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

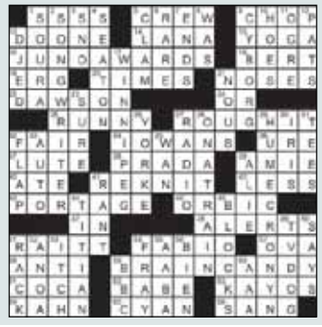
BY KELLY ANN BUCHANAN



Across
1.Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. _ __ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "_ __ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. __ Price (Investment firm)
41. Royal __ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. __ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysterious-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, __. __.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner
71. "I Dream of Jeannie" star Barbara

Down
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I __ _ ghost!" (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid
10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I __ __ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy __ _ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The __
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. __-faceted
56. __ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		6		
		6						5
5			3			4	8	
	4	1		2	8			
			7	5		1	2	
	7	2			6			9
3						7		
		5		7	4	2		

Friday's Sudoku

2	8	9	6	3	1	7	5	4
5	3	7	9	4	2	8	1	6
6	1	4	5	7	8	2	9	3
9	7	8	3	1	4	6	2	5
4	6	5	2	8	9	1	3	7
1	2	3	7	5	6	9	4	8
3	4	6	1	2	7	5	8	9
7	5	2	8	9	3	4	6	1
8	9	1	4	6	5	3	7	2

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Check the 14 day trend.
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